

the Cooper Clayton

**Method to
Stop Smoking**

The Cooper/Clayton Program

- proven effective
- addresses all aspects of smoking
- utilizes nicotine replacement products
- provides 13 weekly, one-hour educational sessions

What Happens When You Stop?

- Your circulation improves, you can smell and taste things better, and you breathe easier.
- You reduce your risk of cancer, stroke, heart and lung diseases, and other illnesses.
- After 10 to 15 years off of cigarettes, your risk of death from smoking-related diseases is almost the same as for people who have never smoked.
- You will make your home a healthier place for everyone.
- You will save money. The average smoker spends over \$1,500 a year on cigarettes.

Cooper/Clayton Partners Primary Partners



Other Partners

Bullitt County Health Department
Center for Women and Families
Family Health Center Portland
Jewish Medical Center South
Kentucky Cancer Program
Middletown Christian Church
Norton Audubon Hospital
Norton Suburban Hospital
Oldham County Health Department
Park DuValle Community Health Center
Shively City Hall
Transit Authority of River City
Wilderness Road Senior Center

The partners listed in this brochure are providing these programs as a public service.

About the Cooper/Clayton Developers

Thomas M. Cooper, DDS, was a heavy cigarette smoker for 36 years. He made repeated attempts to stop smoking but was unsuccessful until he developed the Cooper/Clayton Method. He knows nicotine therapy works!

Richard Clayton, PhD, is an internationally known expert on drug addiction, including nicotine addiction. Drs. Clayton and Cooper have helped hundreds of people stop smoking using the Cooper/Clayton Method.

All Cooper Clayton classes are FREE. All materials, including Nicotine Replacement Therapy (patches, gum or lozenges), will be provided at no charge to class participants.

Attendance at classes is required to be eligible for free NRT.

All Louisville Metro Public Health & Wellness Cooper Clayton Classes are FREE.

**Si habla Español y desea dejar de fumar llame al
1-800-QUIT NOW (1-800-784-8669)**

YOU Really Can Stop Smoking

Call 574-STOP



June - December 2009

Cooper/Clayton Programs

JUNE - DECEMBER 2009

Support Group 3rd Wednesday of each month

Wednesdays, 6:00 pm – 7:00 pm
Oldham County Health Dept.
1786 Commerce Pkwy
LaGrange, KY 40031

June 1, 2009

Wednesdays, 6:00 pm – 7:00 pm
Jewish Medical Center South
1905 W Hebron Ln. #103
Shepherdsville, KY 40165

June 4, 2009

Thursdays, 10:00 am – 11:00 am
Family Health Center Portland
2215 Portland Ave.

June 10, 2009

Wednesdays, 11:30 am – 12:30 pm
Norton Audubon
Cancer Resource Center
2355 Poplar Level Rd. Suite 300

June 30, 2009

Tuesdays, 5:30 pm – 6:30 pm
Family Health Center Portland
2215 Portland Ave.

July 6, 2009

Mondays, 10:00 am – 11:00 am
Wilderness Road Senior Center
811 Blue Lick Rd.

July 7, 2009

Tuesdays, 12:00 pm – 1:00 pm
Center for Women & Families
West Louisville Campus
4303 West Broadway

July 21, 2009

Tuesdays, 3:30 pm – 4:30 pm
Transit Authority of River City
1000 W. Broadway, 3rd Floor

August 13, 2009

Thursdays, 12:00 pm – 1:00 pm
Louisville Metro Public Health & Wellness
400 East Gray Street

August 26, 2009

Wednesdays, 12:00 pm – 1:00 pm
Shively City Hall
3920 Dixie Hwy.

August 28, 2009

Fridays, 12:00 pm – 1:00 pm
Kentucky Cancer Program
Brown Cancer Center, Mint Jubilee
529 S. Jackson St., 1st Floor

September 8, 2009

Tuesdays, 5:00 pm – 6:00 pm
Park DuValle Community Health Center
3015 Wilson Avenue

September 9, 2009

Wednesdays, 11:30 am – 12:30 pm
Norton Audubon
Cancer Resource Center
2355 Poplar Level Rd. Suite 300

September 22, 2009

Tuesdays, 5:30 pm – 6:30 pm
Family Health Center Portland
2215 Portland Ave.

September 24, 2009

Tuesdays, 6:00 pm – 7:00 pm
Middletown Christian Church
500 North Watterson Trail

October 20, 2009

Tuesdays, 8:30 am – 9:30 am
Transit Authority of River City
1000 W. Broadway, 3rd Floor

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Si habla Español y desea dejar de fumar llame al 1-800-QUIT NOW

TO REGISTER FOR A PROGRAM OR FOR MORE INFORMATION CALL:
(574-7867)

or email us at

stopsmoking@louisvilleky.gov

Advance registration required by phone or email.

574-STOP



Adewale Troutman,
MD, MA, MPH

Director
Louisville Metro Public
Health & Wellness

There are
many
reasons
to stop
smoking.

Your health,
your life, and
your loved
ones.

How many
more reasons
do you need?

Take the first
step today!

**STOP
SMOKING!**

You won't
believe how good
you'll feel!



We know
it's not easy to
stop.

**You CAN
Do It!**

**Cooper
Clayton**



We are here to help.
Call Us Today!

574-STOP